

My Treatments

Maintenance And Reliever Therapy (MART)

MART inhaler:

Maintenance dose 0/1/2 inhalation(s)
once/twice a day

Maximum daily inhalations:

Other medications:

Return empty/old inhalers to a pharmacy

⚠ Remember to ask for a GP review if you are having lots of mild attacks

IF YOU ARE GETTING WORSE

WHAT TO LOOK FOR:

- ⚠ Wheeze and cough getting worse
- ⚠ Feeling out of breath
- ⚠ Using Reliever more than usual

WHAT TO DO

- 1 Take 1 Reliever inhalation from your MART inhaler whenever needed for asthma symptoms (wait 1-3 minutes between inhalations)
- 2 Continue Maintenance inhalations
- 3 Contact your GP if using more than 6 Reliever MART inhalations per day for 2-3 days and see your doctor the same day if needing more than 12 MART inhalations in total per day

WHEN YOU HAVE SYMPTOMS

WHAT TO LOOK FOR:

- ⚠ Needing Reliever inhalations
- ⚠ Coughing and wheezing
- ⚠ Coughing and waking at night

WHAT TO DO

- 1 Give 1 Reliever inhalation from MART inhaler whenever needed for asthma symptoms (wait 1-3 minutes between inhalations)
- 2 Continue Maintenance inhalations

WHEN YOU ARE WELL

- 1 Know your triggers
- 2 Have your MART inhaler with you always
- 3 Monitor Reliever inhalation use and symptoms
- 4 Make sure you take your Maintenance inhalations regularly as prescribed

IF YOU ARE HAVING A SEVERE ATTACK

WARNING SIGNS

- ⚠ Exhausted by cough & wheeze or breathing hard
- ⚠ Colour change (blue/pale/grey)
- ⚠ Too breathless to speak
- ⚠ Using rib or neck muscles to breathe or flaring nostrils
- ⚠ Not feeling better after 6 Reliever inhalations of MART inhaler



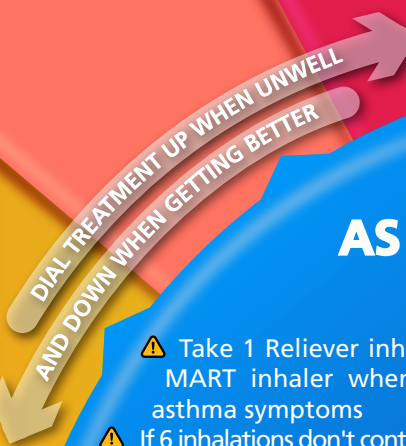
THIS IS LIFE THREATENING:
CALL 999
OR GO TO AN EMERGENCY DEPARTMENT NOW!

WHILST WAITING FOR HELP

- 1 Sit up
- 2 Take 6 Reliever inhalations from your MART inhaler
- 3 Keep taking your MART inhaler as needed

AS YOU GET BETTER

- ⚠ Take 1 Reliever inhalation from your MART inhaler whenever needed for asthma symptoms
- ⚠ If 6 inhalations don't control symptoms or you need more than 12 inhalations in a day go urgently to your GP or Emergency Department
- ⚠ Arrange a review with your GP 48 hours after an attack
- ⚠ You should have a full asthma review in 4 weeks



My Asthma Plan



University Hospitals
Bristol and Weston
NHS Foundation Trust

My triggers are:

I avoid my triggers by:

I use..... Reliever inhalations
from my MART inhaler before exercise

Yes

No

My Contacts

Asthma Nurse

Hospital Specialist

GP Annual review date

Smoking cessation
advice is available at

Useful websites:



www.asthma.org.uk



www.beatasthma.co.uk



www.uk-air.defra.gov.uk/forecasting/

My name is : _____

This plan was produced

By: _____

Date: _____

Keep a paper copy for home and school or share a photo of this plan on your phone